WELCOME

ABOARD !

MASS-1

Welcome Aboard

Commanding Officer
LtCol Ryan P. Allen

Executive Officer
Maj Jeff M. Steinkamp

Sergeant Major
SgtMaj Marinica Ariton

Family Readiness Officer
Ken Meredith

2018 version

Those who can do, those who can do more volunteer—author unknown

Volunteer Opportunities

There are so many ways to get involved in the community that your are now a part of! Each week there is an "All Hands" email is sent out with a list of current opportunities where volunteers are needed! People volunteer for a wide variety of reasons, especially wanting to help others. However, volunteering is also a way to help yourself!

Some people are uncomfortable with the notion that a volunteer "benefits" from doing volunteer work. The best volunteering does involve the desire to serve others, but this does not exclude other motivations, as well. Instead of considering volunteering as something you do **for** people who are not as fortunate as yourself, begin to think of it as an **exchange**.

Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort Adding your effort to the work of others makes everyone's lives better.

Local Agencies that rely on volunteers.

- Single Marine Programs—252-466-2037
- School Liaison Program (includes local schools)—252-466-7648
- Habitat for Humanity—Craven County—252-633-5512
- Habitat for Humanity—Carteret County—252-223-2111
- Youth Sports—252-466-5493
- Marine Corps Family Team Building—252-466-4637
- Local Fire Departments—252-447-2700 or 252-444-5284
- New Bern Civic Center—252-634-9057
- Humane Society—252-247-7744
- Boys & Girls Club—252-444-5437
- Havelock Recreation Center—252-444-6429

Reasons to volunteer: it's fun, resume enhancement, academic credit, make friends, share a skill, or to learn a new skill, to keep busy, and to make a difference! To find More ways to volunteer contact the Volunteer Coordinator:

Jocelyn Jakubowski
252-466-4101

Keep in mind though that volunteers must be volunteers (Nobody can, or should, tell you to participate. While service members from the same unit may personally decide to participate together, no one in the unit's chain of command may direct such participation.) Volunteers must be on authorized liberty (Involvement in this activity needs to be on your personal time; not when you are in an official duty status. Similarly, military uniforms, and government materials and equipment intended for official use only, may not be used during your involvement in such events.)

PHONE DIRECTORY

MCCS COORDINATORS	
[redacted]	
Sandra Zimmerman (NHC, 274, 271, Dental)	466-4846
DINING	
19TH Hole	466-9306
Catering	466-9067
Crow's Nest	466-9147
Five Guys Burgers & Fries	444-2500
McDonald's	444-2269
New City Deli	466-9328
Roadhouse Bar	466-7356
Roadhouse Grill	466-5555
Subway	444-1864
Wings Restaurant	466-9224
Rice King	444-2505
Library Café	466-9553
FAMILY TEAM BUILDING	
Family Readiness Training	466-4637
L.I.N.K.S.	466-5588
MARINE &FAMILY PROGRAMS	
Cherry Tree House/Youth Activities	466-3861
Child Development Center	466-3595
Counseling-Personal/Marital	466-3264
Employment Assistance	466-4201
Exceptional Family Member Assistance	466-4201
Family Advocacy	466-3264
Family Child Care	466-4867
Financial Management	466-4201
Library	466-3552
New Parent Support	466-3651
Relocation Assistance	466-4201
Retired Activities	466-5548
Substance Abuse Counseling	466-7568
Teen/Tween Center	466-4831
Transition Assistance	466-4201
Victim Advocacy (24/7)	665-4713

Be sure to visit our MCCS website at www.mccsherrypoint.com. Join us on Facebook!

EDUCATION	
Education Office	466-3500
Colleges & Universities	
Boston University	466-2491
Craven Community College	466-5020/444-6000
Park University	466-2655
Southern Illinois University	466-2779
RECREATIONAL FUN	
Crystal Coast Travel & Leisure	466-2197/2172
Golf Course & Pro Shop	466-3044
Outdoor Connection	466-4058
Pelican Point Marina	466-2762
Roadhouse Recreation Center	466-3027
Twin Rivers Theater/Event Center	466-3850
Theater (Movie Line)	466-3884
RETAIL	
7-Day Troop Store	463-1693
Auto Care Center	670-1995
Auto Skills Center	466-2352
American Clippers (Near MCX)	444-1835
American Clippers (Near 7-Day)	444-4002
Convenience Store	463-1626
Cowell's Dry Cleaner	447-2130
GNC	444-3107
Hammond's Plaque Shop	444-1288
Main Exchange	447-7041
Marine Mart	463-1639
Massage Therapy	444-0829
Military Clothing Store	463-1608/1623
Package Store	463-1638
Safety Store	466-9063
SEMPER FIT	
Aquatics	466-2510
Cedar Creek Pool	466-2277
Hancock Pool	466-2168
Athletics Department	466-2390
Devil Dog Gym	466-2713
Hancock Fitness Center	466-4018
Health Promotions	466-6467/7201
Marine Dome	466-2566
Semper Fit Department	466-4232
Single Marine Program (SMP)	466-3027
CLUBS	
Roadhouse Rec Center/SMP	466-3027
Roadhouse Bar	466-7356
Roadhouse Grill	466-5555
Miller's Landing	466-9067
Cunningham Lounge/Rocker's	466-9067
Wings Grill and Bar	466-9132

Quick Reference

Organization	Address or website	Phone Number
MASS-1 Duty	Bldg 4958	252-466-4113
FRO—Ken Meredith	kenneth.meredith@usmc.mil	252-466-4248
Education Office	T&E Bldg. 4335 on "C" Street	252-466-3500
Cherry Point Housing	http://www.cherrypoint.marines.mil/StaffOffices/MilitaryHousingOffice.aspx	252-466-3602
L.I.N.K.S. for Marines	Bldg. 232 Cherry Point, NC	252-466-5588
Station Chaplain	Bldg. 100	252-466-4000
Chaplain Duty	PMO 24 Hour Number	252-466-3615
Semper Fit	http://mccscherrypoint.com/semper-fit/	252-466-4420
Military OneSource (24/7)	www.militaryonesource.mil	800-342-9647
Marine Warrior Library	http://mccscherrypoint.com/programs/personal-professional-development/library/	252-466-3552
Naval Health Clinic	http://cpoint-www.med.navy.mil/	252-466-0266
School Liaison	http://mccscherrypoint.com/programs/family-care/school-liaison/	252-466-7648

Other Resources

Child Care Registration Resource and Referral	252-466-5605
Hourly Child Care Reservations (1yr-12yrs)	252-466-3783/3782
Cherry Tree House (school age childcare)	252-466-3861
Marine & Family Services	252-466-4401
Navy-Marine Corps Relief Society	252-466-2031
Legal Office	252-466-2361
PMO	252-466-3615
Destructive Weather	252-466-3093

Websites—

http://www.macg28.marines.mil/MACG-28-Units/MASS-1

Facebook— https://www.facebook.com/pages/Marine-Air-Support-Squadron-One-Chieftains/184043014949108

Family Readiness Module in MOL

With the Marine Online Mass Communication Tool, the Command Team can communicate electronically and simultaneously from a single location to the Marines and families of the unit. This allows the Family Readiness Officer to send out accurate, reliable, and official information to the family of Marines assigned to a unit in a rapid manner.

Information you can expect to receive via this tool includes:

- Official communications from the Commanding Officer via the Family Readiness Officer
- Information regarding unit family readiness and morale support events (Briefs, Family Days, L.I.N.K.S. sessions)
- Information regarding unit specific training and education opportunities.

Information you will NOT receive via this tool:

- We will not use this tool for "spam" such as sales at the exchange, movie theater schedules, and special events flyers for happenings in town or by MCCS.
- **No classified or casualty information will ever be distributed via this tool.**

All Marines whether single or Married need to update their information and add at least one contact. The link to the Family Readiness Module is located under the Personal Tab in MOL. When sending out emails using this module, Marines and families will receive an email from a "noreply@usmc.mil" email address. Please keep in mind that this is coming from the MASS-1 Family Readiness Officer.

Welcome Aboard Brief

Spouses are Encouraged to Attend! 0900-1100

The Welcome Aboard Brief is held the 3rd Wed of each month from 0900-1100 at Miller's Landing. Attendees must be at the Station Theater NLT 0845 as the brief begins promptly at 0900. Marine's must be in the uniform of the day (no flight suits) and you need to bring a pen or pencil. ***Spouse*** and Civilians employees new to the area are also welcome to attend! Please register by close of business of the Friday prior to the WAB. To register, call at 466-4637/7795.

2018 Welcome Aboard Dates

17 January
21 February
21 March
18 April
16 May
20 June
18 July
15 August
19 September
17 October
14 November

Marine Warrior Library

The Cherry Point Library is one of the best libraries in the entire Marine Corps. The library provides a multitude of services including: Wi-Fi, e-readers, e-books, ipads, computer lab, photocopies, faxing, an online library catalog, college course help, and much more! Some of the online search engines available through the library can even be accessed from the comfort of your own room. Visit http://mccscherrypoint.com/programs/personal-professional-development/library/ to learn more!

Hours Of Operation:
Mon-Fri : 9:00am-7:00pm
Sat-Sun: 12:00pm - 5:00pm

Outdoor Connection

Why buy when you can rent?

Party items: tables, chairs, canopies, ice chest, pig cookers, and much more.
Camping equipment: tent, fishing pole, stove, mini grill, heater, canoe/kayak, and much more.

Lawn, home & garden equipment: dolly, extension cord, ladder, hedge clipper, lawn mower, generator, and much more. Moonwalks, games, balls and more. Campers, Refill propane
Vehicle sales lot.
Call **466-4058** to reserve your items!
For a complete list visit http://mccscherrypoint.com/recreation-entertainment/rentals/

Hours of operation:
Mon-Thurs-Fri & Sat 8:00 am - 5:00 pm
Tuesdays Closed
Wednesday 8:00am - noon
Sunday 8:00am-2:00pm
Last check in /out 4pm
Closed Federal Holidays

Auto Skilz Center

The Auto Skilz facility is a state of the art DIY, 64 bay automotive center available for you to work on your cars, trucks, motorcycles and more. ASE certified technicians are available at all times to help guide you through a variety of mechanical repairs, such as oil changes, tire balance/rotations, brake replacements, or even rebuild your entire engine. A full line of OEM or specialty performance parts are available. Not just for cars anymore – we have new motorcycle lifts and specialty tools for all your street and off-road bike repairs. We also offer oil change services for spouses of our deployed Marines. For more information or prices call 466-2352 or visit http://mccscherrypoint.com/recreation-entertainment/autoskilz/

Hours:

Located in building 4652,Onslow Road off of Roosevelt Blvd

252-466-2352

New Hours: Monday: 1100-1900

Tuesday, Wednesday & Holidays: CLOSED

Thursday & Friday: 1100-2000

Saturday & Sunday 1000-1900

Clean-up begins 30 minutes prior to closing. Last check in one hour prior to closing (oil change only).

Military & Family Life Consultant Program

Military & Family Life Consultants (MFLC) aboard Cherry Point provide short term, situational, problem-solving services to Service Members and their families. Non-medical counseling services are offered in anger management, communication relationship issues, parenting, conflict resolution, deployment stress, coping skills, building resiliency, relocation adjustment, loss & grief and more. Services can be provided on or off military installations to individuals, couples, families or groups. MFLCs are mandated reporters of child abuse, domestic abuse and duty-to-warn situations, otherwise, all services are confidential and private and NO records are kept. MASS-1 has one embedded MFLC (Stacy Connor) she handles MASS-1 and MACS-2 she can be reached at (919) 608-7527 contact the MFLC to schedule an appointment.

The Marine Corps DSTRESS Line is a 24/7, anonymous phone and chat counseling service with a 'Marine-to-Marine' approach. The call center is staffed with veteran Marines, former FMF Corpsmen, Marine Corps family members, and licensed clinicians with specific training in Marine Corps culture. The DSTRESS Line is a behavioral health counseling service that gives Marines, attached Sailors, and family members a place to call and speak with "one of their own." It's a place to call and talk anonymously about stress in our lives—from the common everyday stressors to post-traumatic stress to life-threatening crises. It's non-medical. DSTRESS Line counselors won't diagnose symptoms, but they will work with callers to help with a way forward.

1.800.476.7734

MILITARY ONESOURCE
For Marines and their Families!
1-800-342-9647 **24/7**
http://www.militaryonesource.mil

What Can Military OneSource Do For You?

- Career
- Education
- 24/7 Helpline
- Blogs/Troop Tube
- Plan My Move
- Military Life and Deployment
- Health & Relationships
- Family & Recreation
- Financial & Legal
- Crisis
- And MUCH MORE!

Celebrating Over 20 Years of Spouse Education

LEARN TO MEET THE CHALLENGES OF MARINE CORPS LIFE

L.I.N.K.S.

252-466-4637

The core values of the United States Marine Corps - **HONOR, COURAGE and COMMITMENT** - are demonstrated wherever Marines are engaged. They are bound together by the pledge to "take care of their own". The same holds true for the dedicated service of Marine families who empower themselves and each other in order to support family readiness, whereby positively impacting overall mission readiness. The program **L.I.N.K.S**. is part of ensuring mission readiness.

Becoming part of the Marine Corps family can be difficult when there is no one to show you the ropes. Let **Lifestyle, Insights, Networking, Knowledge, & Skills (L.I.N.K.S.)** be one way to welcome you to this unique, sometimes challenging, and very rewarding Military Lifestyle. **L.I.N.K.S.** is an orientation to "the Corps" through spouse to spouse mentorship and small group discussion. The program utilizes a partnership of volunteer spouses,
Marine Corps Family Team Building (MCFTB) staff, Marine Corps Career Retention Specialists, Family Readiness Officers, and Chaplains. Experienced volunteer spouses, called Mentors, have dedicated themselves to welcoming you into this new lifestyle, and are excited to share their own experiences with you. The climate is informal, with a nurturing structure and format. Participants receive real life tips, information on Marine Corps
culture and benefits, as well as available resources that will enable participants to help themselves.

Whether you've been a part of the Marine Corps for 2 months or 20 years, new discoveries and knowledge will be acquired. The L.I.N.K.S. class offers the opportunity to get to network!
L.I.N.K.S. covers:

- Benefits and services that can be found on the base
- Information on moving in the military
- Pay benefits
- Financial management tips, to include LES information
- Deployment/Separation Issues
- Career options and progression in the Marine Corps
- Chaplain services
- How to get along with others
- How to keep in touch with your families
- And Much More!

L.I.N.K.S. is offered for
SPOUSES
MARINES
KIDS
TEENS
PARENTS

Naval Health Clinic

Important Phone Numbers to Remember:

Emergencies or Ambulance Service	911
Information/Quarterdeck	252-466-0266
Appointment Line	252-466-0921
TRICARE	877-TRI-CARE (874-2273)
TRICARE Dental (United Concordia)	844-653-4061

Sign up online today for Relay Health. This is a great tool to be able to communicate with your PCM. Visit: http://www.med.navy.mil/sites/cpoint/Patients/Pages/MedicalHome.aspx to learn more!

Two Rivers Theater

- Concessions
- Debit & Credit Cards Accepted
- Private Marine Events
- Concerts & Plays

Two Crying Rooms for Parents with Babies

http://mccscherrypoint.com/recreation-entertainment/two-rivers/

252-466-3850 for Event Info
252-466-3884 Movie Line
Adults $4
Kids 4-12 $3
Kids 0-4 FREE

Education Information

Whether you want to enroll in vocational or technical school, get your associate, bachelor, graduate, or postgraduate degree, Personal and Professional Development can get you there. Their mission is to enrich the quality of the entire military community by providing you with a broad range of high-quality personal and professional learning opportunities.

NATIONAL TESTING CENTER:

- Military Classification Testing
- DANTES Subject Standardized Tests (DSST)
- Certification Exams
- College Entrance Exams
- Pearson VUE Credentials

PP&D 252-466-4201
Education 252-466-3500
Tuition Assistance 252-466-3500
Colleges and Universities 252-466-3500
Testing 252-466-3500
Career Assistance 252-466-4201
Transition Assistance 252-466-4201
Employment 252-466-4201
Personal Finance 252-466-4201
Retirement Services 252-466-5548
Relocation 252-466-6759
Information & Referral 252-466-6759
Hours Mon-Fri 7am-4:30pm

Schools Aboard the base:

Craven Community College 252-466-5020
Park University 252-466-2655
Southern Illinois University 252-466-2779
Boston University 252-466-2491

MCCS MARINE CORPS Community Services Cherry Point

MCCS Cherry Point

Single Marine Program

The Single Marine Program is geared toward Marines 18-25 years of age, living in the barracks, including geographical bachelors, single parents, and single officers. The primary purpose of the program is to enhance the Quality of Life, and improve the morale and well-being of all single and unaccompanied Marines and Sailors stationed aboard MCAS Cherry Point by directly involving them in the planning of services. Areas of concern involve recreation, health, wellness, and community involvement.

Meetings are held the last Thursday of every month at 1430, at The Roadhouse. Meetings are open for all to attend and all MCAS commands are invited to send a representative.

Hours of Operation:
Monday - Wednesday: 10am-10pm • Thursday-Friday: 10am-11pm, Saturday-Sunday 4:00pm-11pm

Some of the activities they provide:

- Video Game Tournaments
- Poker, Cards Against Humanity
- Cigar Night
- Pool Tournaments, Pub Pong
- Volunteer Opportunities
- Basketball, Volleyball
- DJ and Karaoke
- Trivia Night
- Bible Discussion Group

- Golf Course Exclusives
- Trips
- Large Screen TV

Phone Number For the SMP Program -252-466-3027
Website (includes event calendar) —http://smp.mccscherrypoint.com/
Squadron's SMP Primary is Cpl Lindsey Barroso 252-466-5337

MASS-1 SMP Representatives:
H&S Company: Cpl Lindsey Barroso, Cpl Prickett
C/E Company: Cpl Jacoby Ehrler and Cpl Sarah Melton
ASC Company: LCpl Ronald Ramos, LCpl Alton Dixon

MARINE CORPS SCHOOL LIAISON PROGRAM · MARINE CORPS AIR STATION CHERRY POINT · BECAUSE KIDS SERVE TOO!

SCHOOL LIAISON PROGRAM

MCAS Cherry Point, NC

Welcome to Cherry Point Semper Family!

For parents, the program offers assistance and support in easing the transition from one duty station to another. Ongoing support, information, resource materials, and advocacy are also available to parents of school age children.

The local schools benefit by having a direct contact person at Cherry Point who can help them understand the specific challenges military students experience and give them the necessary tools and support to help them succeed in their new academic environment.

Leafa Palmer
School Liaison Officer
PSC Box 8003
Cherry Point, NC 28533-0003
252-466-7648
palmerla@usmc-mccs.org
The School Liaison Office is located in Bldg. 232 on the corner of "E" St and 4th Ave

MCAS Cherry Point Base Housing

Hours of Operation: 0730 - 1630, Monday - Friday
Location: Building 298, E Street, MCAS, Cherry Point, NC 28532
AMCC Mon - Fri 8:00am-5:00pm, closed Sat & Sun
Phone: Eric Ferrell 252-466-4794/Misty Hanson 252-466-3602
For off station housing referral : Brandee Spencer 252-466-5563/
Tracey Green 252-466-2071

Base housing is now run by the civilian organization AMCC Housing. There are guidelines for pets, waiting lists, application forms and status, and much more which can be found on the website: http://www.cherrypoint.marines.mil/Staff-Offices/Family-Housing-Office/ or AMCC Havelock NC website at: http://cp.atlanticmcc.com/havelock/havelock-nc/guest-card/contact-us/1

Do you need temporary furniture and supplies? Call the Cherry Point Lending Locker at 252-466-4401.